IN THE CLAIMS:

1. (Currently Amended.) An adjustable stand comprising:

a first tubular member having a rectangular cross-section and an first member upper end

and a first member lower end;

a second tubular member having a rectangular cross-section and configured to nest

telescopically within the first tubular member and being adjustably secured to said the first

member, said the second member having an interior wall defining a eylindrical void and having

an axis, an second member upper end, and a second member lower end, the second member

upper end of said second member extending above the first member upper end of said first

member in nested arrangement;

a threaded shaft having a shaft axis and situated within the void and such that the shaft

axis extends along the axis;

a fine adjustment mechanism comprising a nut in threaded engagement with the threaded

shaft, the nut configured to bear against the second member upper end of the second member;

an orienting retaining pin passing through the shaft intersecting the shaft axis

perpendicular thereto and configured to bear against the interior wall in a manner to prevent

rotation of the shaft within the void.

2. (Currently Amended.) The adjustable stand of Claim 1, wherein said the shaft further

eomprises includes a biasing member arranged in opposed relation to the nut relative to the

second tubular member, and configured to urge the nut into bearing arrangement against the

second member upper end of the second tubular member.

3. (Currently Amended.) The adjustable stand of Claim 1, wherein said the first tubular

member upper end includes at least three further comprises a hinge including a plurality of pivot

pins, each pivot pin being configured to pivotally engage engaging in rotational engagement a

leg, the legs together being configured to provide a stable base to the adjustable stand.

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- 4. (Currently Amended.) The adjustable stand of Claim 1 3, further emprising including a couarse adjustment mechanism coupled between said the first and second tubular members, said the couarse adjustment mechanism configured to selectively lock the position of said the first tubular member relative to the second tubular member.
- 5. (Currently Amended.) The adjustable stand of Claim 4, wherein said the couarse adjustment mechanism comprises includes a screw rotatably secured to said the first tubular member, said the screw having an end selectively bearing against said the second tubular member.
- 6. (Currently Amended) The adjustable stand of Claim 5, wherein said the countries adjustment mechanism further comprises includes a friction pad between said the first and second tubular members opposite said the screw.
- 7. (Currently Amended.) The adjustable stand of Claim 1, wherein said the first tubular member and said the second tubular member have square cross-sections.
- 8. (Currently Amended.) The adjustable stand of Claim 7, wherein the shaft has a supporting member and a biasing member, and the supporting member is in opposed relation to the biasing member relative to the nut.
- 9. (Previously Presented.) The adjustable stand of Claim 8, wherein the supporting member is a tray.
- 10. (Previously Presented.) The adjustable stand of Claim 8, wherein the supporting member is an outfeed roller assembly.
- 11. (Currently Amended.) The adjustable stand of Claim 108, wherein the supporting member is a bearing table, said the first tubular member is non-circular in cross section and wherein said the lock comprises a pin extending transversely through said the shaft.
 - 12. (Previously Presented.) The adjustable stand of Claim 1, wherein the nut is a wingnut.

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13. (Currently Amended.) The adjustable stand of Claim 12, wherein the wingnut includes a plurality of t least four wings.

14. through 23. (Cancelled.)

24. (Withdrawn.) A method of operating a work stand comprising:

providing a stand having legs, an upright tubular member held between the legs, a. and a shaft held within and extending above the tubular member with a support secured to the top of said shaft;

b. placing lower ends of the legs on a surface, the tubular member being held substantially upright;

c. biasing the shaft downwardly relative to the tubular member; and

d. adjusting the position of the shaft relative to the tubular member with an

adjustment mechanism coupled to the shaft and to the tubular member.

25. (Withdrawn.) The method of Claim 24, wherein said stand is further provided with a

course adjustment mechanism between the legs and the upright tubular member, the method

further comprising the step of adjusting the course adjustment mechanism to change the position

of said upright tubular member relative to the legs.

26. (Withdrawn.) The method of Claim 25, further comprising the step of stopping the

rotation of the shaft while adjusting the position of the shaft relative to the tubular member, said

step of stopping rotation carried out with an anti-rotation pin held by the shaft and bearing

against the upright tubular member.

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